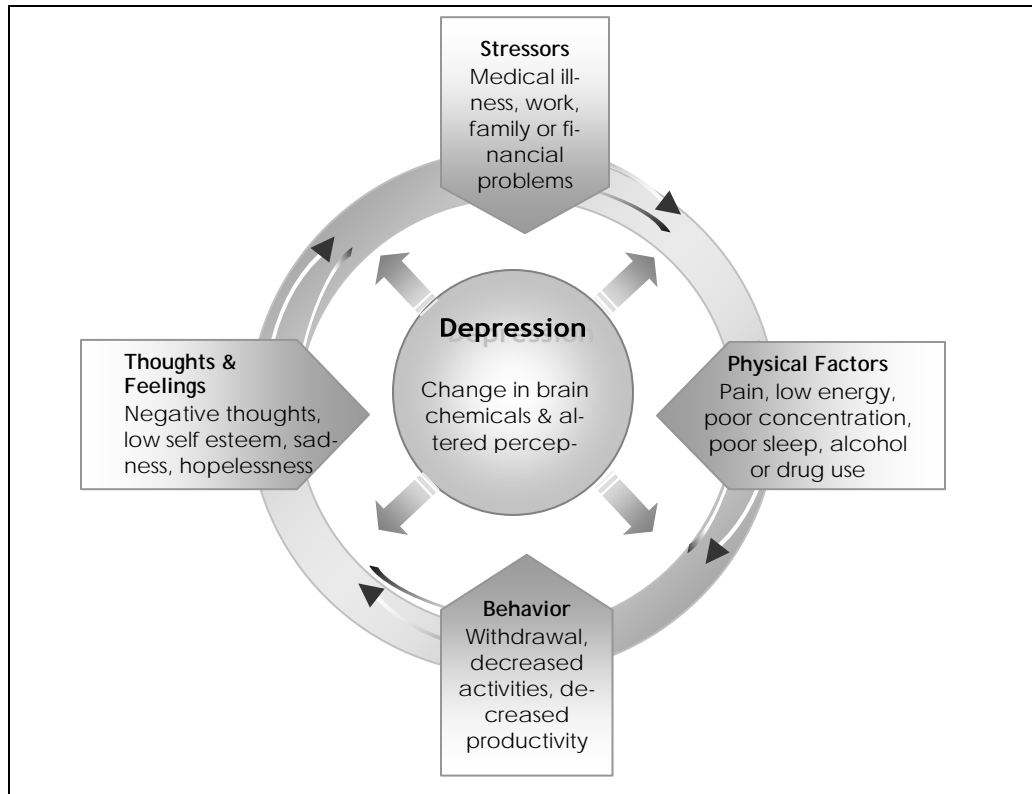


The Cycle of Depression

Both life stresses and medical problems can cause a depletion of certain chemicals in the brain. This chemical imbalance results in some of the common symptoms of depression such as sleep and appetite problems, loss of energy, loss of concentration, and chronic pain.



- ***The good news is that this downward cycle can be reversed with medications and coping skills so you begin to sleep better, feel more energetic, socialize more, think less negatively about yourself and FEEL BETTER.***
- ***Antidepressants can restore normal sleep and help with pain, fatigue, and poor concentration. When you are feeling more rested, it is easier to do your work and to do things you enjoy. When you engage in more pleasant activities and are more productive, this can give you a sense of accomplishment and improve your self esteem. You think more positively about yourself and your future and you will feel more enjoyable to be around.***

Source: [Partners in Care](#)

